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APRIL 26, 2012



THE PASTA MASTER

What happened when Jamie Oliver's mentor gave us a cookery masterclass

CARMEN VALINO



Greenwich Queen Time

Monarch visits borough to name barge and reopen Cutty Sark – Full story / Pages 4-5

Inside



Win
a pie and
beer treat

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bit of love
before the
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home until
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when you can
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EAST LONDON CHAMBER
COMMERCE AND INDUSTRY

Agenda

Ban these reminders of brighter days

I was enjoying a post-work supper in Canteen when I noticed everyone at the next table appeared to be 12.

They were wearing suits and ties and talking about fiscal policy, but they were clearly children. My haddock was older than them. Did they think this was an actual school canteen and not an ironically named restaurant that serves macaroni cheese and rice pudding? OMG. They must be Wharf Generation 2.0.

Forget reaching the age when all policemen start looking younger, in fact forget what policemen look like completely. They're not a good yardstick. You see policeman so

BLONDE'S EYE VIEW



**ANGELA
CLARKE**

rarely, perhaps strolling through airports casually carrying guns and then, let's face it, we're busy staring at their weapons' not their smooth baby faces.

Or perhaps you see policemen when you're held in a protest kettle, when you're more concerned with needing to pee than whether your captors are looking a bit juvenile.

No, reaching the age where Wharfers look a bit kindergarten, that's terrifying.

My companion noted the 12-year-olds seemed enthused with life, as if they had hopes and dreams. Imagine. You know, like we did before we

spent years commuting, working and drinking in a bid to forget it all.

They didn't have that authentic Wharf pallor. The slightly grey tinge, that comes from hours spent basking in the light of a computer and a diet of overpriced sandwiches.

The younglings make me feel uneasy. I think we should ban them. No-one under the age of 25 should be allowed onto the Wharf. Then I can continue in my wine-fuelled delusion that I am not getting older. That I haven't been working here for too long. That I too didn't once have enthusiasm, hopes, dreams and an unlined face.

Reuters' view



France's President and UMP party candidate for the 2012 presidential elections Nicolas Sarkozy and his wife Carla exit the voting booth before casting ballots on the first round of 2012 French presidential election at a polling station in Paris.

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in photos**
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Royal seal of approval

The Queen opened the Cutty Sark in a day that saw her renew maritime links with the Royal Borough.

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Prof David Starkey has unveiled his landmark Royal River exhibition at the National Maritime Museum.

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When the boat comes in

A cruise terminal at Enderby Wharf could bring in another 40,000 visitors a year to Greenwich.

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The man in the frame

A suspect in the shooting of a Russian banker on the Isle of Dogs has been captured on CCTV.

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Chef's rich recipe

Jamie Oliver's mentor Gennaro Contaldo was in Canary Wharf dispensing advice on making pasta.

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Planning for gold

Paralympic rower and hot medal hope Tim Aggar says he's never felt fitter or stronger.

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Green clean is a capital idea says TV Keeley

Louisa.Emery
@wharf.co.uk

ACTRESS Keeley Hawes added a touch of glamour to a campaign to clean up London in time for the summer.

The star of *Ashes To Ashes* and *Upstairs Downstairs* launched the first Febreeze Fresh Haven, part of the P&G Capital Clean Up, in Canary Wharf on Thursday.

She told *The Wharf*: "The campaign is all about getting communities together and brightening up places that need a bit of love and care. Bringing green spaces into urban environments.

"My favourite green space in London is Regent's Park. I grew up living centrally and could see the tops of the trees from my bedroom. I spent a lot of time there because we didn't have a garden."

Volunteering events are planned London-wide in partnership with the Mayor of London.

Activities involve Thames riverbank and canal clean-ups, litter picks, habitat restoration and graffiti removal.

Locations include Mudchute Farm, Victoria Park and Beckton Park and the aim is to make London cleaner, and greener in time for the Olympics.

Keeley said: "I'll be watching the Games from my sofa. I haven't got any tickets but my husband is desperate for 100m tickets. My youngest son is all about the 2012 mascots. He has the pyjamas and he's raring to go."

Talking about her current projects, she said: "I've just come back from Africa where I was making a film with Unicef for Soccer Aid. I'm starting filming on *Mariah Mundi And The Midas Box* with Sam Neill and Michael Sheen. It's the first in a trilogy of books aimed at teenagers.

"One of the lovely things about my job is I never know what I am doing next."

Go to pgcapitalcleanup.com.



Keeley Hawes launches the green clean-up campaign in Canary Wharf

Residents frustrated as riverside path is closed

Walkway to shut for 18 months to allow for river wall work

Rob.Virtue
@wharf.co.uk

The Riverside South pathway, which was reopened last year after a residents' campaign, is to shut again from Monday for 18 months.

Canary Wharf Group, which is working on the site on behalf of its owner JP Morgan, said the closure was necessary to accommodate work to strengthen the river wall.

It follows the temporary reopening of the walkway alongside the Riverside South construction site since last March.

A diversion will be placed for pedestrians during closure taking them along Westferry Road.

CWG spokesman Howard Dawber said: "We would like to apologise for the inconvenience caused by the diversion while these necessary works take place."

"We are pleased to have kept the walkway open for over a year. Now it is closing again we will endeavour to complete works as soon as possible."

"When complete, we think people will be pleased with the improvements to the area, which will provide

riverside pedestrian access and green space for local people to enjoy for many generations to come."

Prof Ed Berman, who led the campaign to reopen the site last year, is meeting with CWG this week to discuss the plans.

He said the community needed the link to be kept open and criticised the latest closure.

"Eighteen months is an extraordinary amount of time to reinforce a riverbank," he said.

JP Morgan bought the Riverside South site from CWG in 2008.

CWG closed the walkway due to safety fears but decided it could reopen after carrying out remedial work in the area.

Politics

Tax bonuses to pay for youngsters' jobs

BANKERS' bonuses should be taxed to help Tower Hamlets youngsters find jobs, according to the MP for the area surrounding Canary Wharf.

It comes as figures show unemployment for young people has risen by 236 per cent in the last year in the Poplar and Limehouse constituency of MP Jim Fitzpatrick.

Mr Fitzpatrick said: "Ministers should stop tinkering around the edges and bring in Labour's plan, which would use a tax on banker's bonuses to get 110,000 young people into real jobs they would be required to take."



Event

Become a superhero of the quiz world

CINEWORLD West India Quay is holding a Marvel and Avengers Quiz night on May 1 to mark the opening of Avengers Assemble.

Tickets are £5 a team with a maximum number of five per team. All proceeds will go to Help For Heroes Charity.

Win cinema tickets and an Avengers Assemble goodie bag. Go to bhf.org.uk for details.

Event

Jog asks runners to have a heart

THE annual Canary Wharf Jog returns to the estate on May 23 and registration for the British Heart Foundation fundraiser is open now.

Go to bhf.org.uk for details.

Occasional habit getting out of control?

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* Based on a sample of all patients during 2010/11 with completed HoNOS data.

** Improvements as measured by The Health of the Nation Outcome Scales (HoNOS). HoNOS is the most widely used routine clinical outcome measure used by English mental health services and is also used in services around the world. It is a highly validated tool for the measurement of mental health and social functioning and provides insight for patients and clinicians into their progress against planned goals.

Improvement is defined as a decrease in total HoNOS score over the course of an episode of care. Health of the Nation Outcome Scales (HoNOS) © Royal College of Psychiatrists 1996.

News

Downpours add to aquatic theme at royal opening

CUTTY SARK

The Queen and Duke re-open Cutty Sark, although rain mars the party, writes

Louisa Emery

After almost six years under wraps, a devastating fire and a £50million restoration project, Cutty Sark has emerged fit for royalty. And yesterday morning, having braved the rain to name a barge in Greenwich, the Queen officially reopened the historic clipper with the Duke of Edinburgh, who has been president of the Cutty Sark Trust since 1951.

Cutty Sark Trust director Richard Doughty has seen the project through

from start to finish. He said: "When the fire officer called and told me she was alight from stem to stern I feared the worst but I kept the faith. The ship is a real survivor and here she is now looking absolutely spectacular."

"Very early on, when we were brainstorming, the idea of raising the ship came up and my initial reaction was that it was not appropriate for a historic vessel. But when we realised what it would mean for her longevity, it became the central plank for our whole philosophy and it has been at the heart of what we wanted to do for a decade. Ships are not meant to sit on keel blocks so I think it will set a whole new trend for historic ships."

The tea clipper now sits 12 feet above her dry dock with her hull incased in a mixture of copper, zinc and iron as it originally would have been.

Richard said: "Without raising her we would have lost the most significant thing about the Cutty Sark, what made her a legend and what allowed her to set work records and capture the public's imagination – her unique hull. We've been able to achieve our vision, raise the ship and give her a future."

The ship's interior differs dramatically from how it looked when last open to the public in 2006.

A series of interactive displays have been introduced and visitors can watch films, view original artifacts and walk around the hull.

Curatorial consultant Eric Kentley said: "One difficulty was knowing how much information to give people. The old scheme had a series of graphic panels but we are hoping now that people will read the bits and pieces and put together their own story rather than a linear one. The figure-heads have been moved from the hold as a lot of people used to come away believing that was her cargo."

Cutty Sark has lasted four and a half times longer than expected and nearly 90 per cent of her hull fabric remains intact.

Eric said: "Everything you see painted white is the original fabric, everything grey is new. Most of the planks survived the fire, many were charred but relatively few were lost."

The work cost in the region of £50million but to put it in context, the



new Tate extension cost £200million. The project proved far more complicated than anyone ever imagined but there is only one Cutty Sark and only one tea clipper left in the world. She's priceless."

The Cutty Sark opens to the public today. Go to rmg.co.uk for more details.

Historic clipper Cutty Sark reopens to the public in Greenwich today after a six-year restoration project, says Cutty Sark Trust director Richard Doughty, above



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Rigger Oliver Hurdwell works on tea clipper the Cutty Sark a day before it is due to be officially reopened by the Queen and Prince Phillip

REUTERS / GETTY



Above, young patriots wave flags as the Queen visits the Cutty Sark in Greenwich. Below, the monarch, wearing a red and black floral silk dress, a red cashmere wool coat by Peter Enrione, a matching hat by Angela Kelly and black court shoes, unveils a plaque for Cutty Sark Gardens after her visit to Greenland Pier

LOUISA EMERY



LOUISA EMERY

Monarch starts the day on the Thames

JAMIE WISEMAN / PA WIRE



The Queen and Prince Phillip on board Gloriana at Greenland Pier

Rob Virtue
@wharf.co.uk

THE Queen began a day of visits in Docklands and Greenwich yesterday by naming a Royal barge at a rain-hit and windy Greenland Pier.

The monarch, accompanied by Prince Phillip, arrived mid-morning at the Southwark venue where she officially christened the gold plated boat Gloriana.

The barge, whose construction was commissioned by Lord Sterling, will be a lead vessel in the Queen's Jubilee Pageant on June 3. All 24 of the Queen's Royal Watermen were also present for the visit, including Sean Collins, managing director of Thames Clippers, the ferry company

which owns the pier. The Queen went on board the barge, which is built to be rowed by 18 people and can carry a maximum of 52.

She then went to the stern to name the boat before being presented with a commemorative silver gift by Lord Sterling who joked: "That's as much as we can do in this inclement weather. I didn't think you would turn up."

Stuart Roy, one of the architects of the barge, was introduced to the Queen. He said: "I'm not sure she knew what to expect as this is the first barge of its kind to be built since the 1800s."

Following the pageant, Gloriana will be used by a range of charities. It will be based in Richmond.

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News

How river has played a regal role for centuries

Giles Broadbent
@wharf.co.uk

THIS Jubilee year will see the greatest flotilla of ships to sail down the Thames for more than 350 years.

It will reprise the great heritage of the Thames as the capital's "grandest street" and bring to life the 500 years of enterprises and ambitions that a new exhibition aims to depict.

In a year of landmark cultural events, *Royal River* at the National Maritime Museum, Greenwich, takes its place on the podium – although "watermark" would be a more suitably aqueous adjective.

From the grand Canaletto at the entrance, through to the gilded figure-heads, chalices, trumpets, uniforms and miniatures, this is an authentic and opulent experience of the Thames as royal and political canvas.

Among the artefacts are the oldest known copy of Handel's *Water Music*, Anne Boleyn's personal music book, and stern carvings from royal yachts.

Ahead of the opening by the Queen, on Wednesday, guest curator David Starkey toured a preview.

He said: "This exhibition is a feast for the eyes and the senses. It evokes the sights, sounds and even the smells of half a millennium of royal river



Canaletto's *London: The Thames On Lord Mayor's Day* is set in place by exhibition staff



David Starkey views a model of the Worshipful Company of Shipwrights barge (c 1780).

pageantry and popular celebration. *Royal River* also shows how the grandest river pageants have been used to celebrate the coronation of Tudor and Stuart Queens.

"What more appropriate way of celebrating the Diamond Jubilee of the Queen, who will herself lead another grand royal river pageant?"

Using the establishment of the Woolwich Royal Dockyards 500 years ago as its starting point, the exhibition thematically and chronologically depicts the river's popular fortunes.

For much of the 500 years, the Thames was the focus of city's celebra-

tions but, as the river became an open sewer, London turned up its nose.

The construction of the Embankment was the high water mark of this rejection although the Palace of Westminster, without water gates, indicated the general displeasure.

The Lord Mayor's procession, as captured by Canaletto, moved from water to land in 1857 but this grand exhibition, and the Thames Jubilee Pageant in June, may finally signal a return to royal favour.

Until Sept 9, *Royal River: Power Pageantry And The Thames*, National Maritime museum, rmg.co.uk



Event

Tickets go on sale for monster show

TICKETS go on sale tomorrow (Friday) for the return visit of the dinosaurs 65million years (and a few months) after they last visited the earth.

The *Walking With Dinosaurs* arena spectacular comes to The O2 from December 26 to January 6, 2013, after its phenomenal success last time around.

The T-Rex and other life-sized animatronics recreate the scale and splendour of these awe-inspiring lizards. Go to dinosaurlive.com

Charity

Path of Life records teenagers' efforts

TEENAGERS' fundraising efforts for Richard House children's hospice were celebrated in a newly-created garden of meditation.

Staff at the Beckton hospice dedicated a special brick in their garden's "path of life" for the £550 raised by 14 teenagers brought together by Newham College.

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Cruise terminal will give town financial boost

40,000 tourists could disembark from 7-star ships to splash cash

Rob.Virtue
@wharf.co.uk

Planning is well underway for turning Greenwich Peninsula into a cruise liner terminal.

Called Enderby Wharf, the major regeneration scheme is due to be finished in 2014.

And one expert in the cruise liner industry said Greenwich was set for a major financial boost as the first big ship terminal in the capital.

Capt Michael McCarthy, the incoming chairman of the Cruise Executive, which is sponsoring an international cruise conference in Greenwich this week, said: "The home port for the ships arriving in Greenwich could be Germany, the US or even liners leaving from Southampton for a round Britain cruise."

"All the four, five, six and seven star companies with



Artist's impressions of how Enderby Wharf could look

passengers with high yield spend will be coming. There are people looking for marquee regions to come to."

He said surveys showed the average spend of the passengers is around £180 in the town they land at, and 40 per cent of passengers, if they have a good experience, would come back on a land based holiday.

At the Greenwich Council-organised press event on Tuesday morning to see the derelict site, developer West Properties' planning director

James Blakey said construction would begin at the end of this year, with completion due to take between 12 and 18 months.

As well as a 240m long cruise liner terminal - which will moor one ship at a time for an average period of three days - there will also be a 251-room hotel, 770 new homes, the refurbishment of the listed Enderby House and a skills and training academy.

It's been estimated about 25-30 liners will be welcomed in the initial years of opening, rising to around 100 and bringing 40,000 extra tourists to the region each year.

Greenwich Council's director of regeneration John Cumber said: "Thames Clippers is proof the river can work. Congestion in the river isn't a problem but in years gone by it would have been teeming and we want that back."

It was also announced this week a Morgan Stanley real estate managed fund has invested in the scheme, which has already received planning permission.



Pressure on super sewer plan

PRESSURE is mounting on Thames Water to change its plans for the controversial super sewer with London's leading politicians throwing their weight behind those aiming to protect land threatened by the proposal.

Earlier this month, Mayor Boris Johnson sent a letter to the water company behind the £4 billion Thames Tideway Scheme - tasked with improving the capacity of London's sewage system

- urging it to look again at areas earmarked for works including Chambers Wharf in Southwark.

The mayor wrote: "This site is right up against people's homes. You must re-examine the area for a better alternative site."

Southwark MP Simon Hughes backed the mayor's calls, saying: "Chambers Wharf is the one most adversely affected by current proposals. It has

a large number of households and residents in the immediate vicinity, as well as three schools."

Deptford Church Street is another site the mayor wants to save, as well as King Edward VII Memorial Park in Wapping.

He said: "King Edward VII Memorial Park is an important amenity."

Thames Water said it would look at alternative sites proposed.

Canary Wharf jog

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Paralympics**End of holidays will impact Games travel**

EAST London will be hit by a million extra trips on the busiest days of the Paralympics, Transport for London has said.

The Olympic Park, Excel Centre and Greenwich Park, where many competitions will be staged, will be particularly affected.

The increase – on top of the usual 12million journeys – will be compounded in the second week when pupils will return to schools after the summer holiday. The Paralympics run from August 29 to September 9.

Go to getaheadofthegames.com.

Suspect caught on CCTV

Louisa.Emery
@wharf.co.uk

CCTV images of the suspect wanted in connection with the shooting of Russian businessman German Gorbunsov have been released by police.

The stills show the gunman moments after the shooting in the foyer of a luxury apartment block in Byng Street, El4 on March 20 this year.

He is pictured at 7.24pm wearing a

hoodie and carrying a bag, walking along Manilla Street towards Marsh Wall.

Det Chief Insp Russell Taylor, who is leading the investigation, said: "We are continuing to examine CCTV footage from the area and are keen to speak with anyone who may have information about the shooting."

"Were you in Byng Street or nearby, shortly before or after 7.20pm on Tuesday 20 March?

"Did you see anyone acting suspiciously in the area? Did you see the

man in the CCTV stills taking off a dark hooded top or leaving a bag?"

The suspect is described as white, 6ft tall and of slim build, wearing a dark hooded top and jeans.

A top, bag and gun have been recovered by police. Mr Gorbunsov, 45, is in a stable condition in hospital. No arrests have been made and police say they are keeping an open mind about the motive.

Anyone with information should call 020 8721 4868 or Crimestoppers on 0800 555 111.



CCTV footage of Manilla Street

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TV, pig's blood, Jamie and me, by Gennaro

Oliver's mentor keen to spread the word about Italian cuisine

Rob.Virtue
@wharf.co.uk

Standing at the front of Jamie's Italian in Churchill Place, Gennaro Contaldo stops dead from his exhibition of pasta making as if someone has struck him with a grave insult.

He had only been asked about a particular aspect of his TV series. The emotive chef's eyes burn as if he is about to launch into an exhaustive tirade.

"I made children eat pigs' blood and chocolate," says the 63-year-old, who doesn't answer questions so much as perform almost frightening speeches. "Why not? It's a beautiful dessert. I used to eat it all the time as a child."

"Pig is a well-loved food throughout the world. Why would you throw away the blood? You have black pudding. Chocolate and pigs blood is fantastic. Although maybe Jamie's Italian is not quite ready for it."

Gennaro was in Canary Wharf last Friday to sign copies of his book *Two Greedy Italians Eat Italy*, based on the TV series. He was unable to watch the first episode as he was at celebrating the birthday of great friend and TV sidekick Antonio Carluccio.

However, he was receiving texts throughout the night about the show which featured the killing of a pig.

"I was brought up in a small village in Amalfi where every



Wharf reporter Rob Virtue tries his hand at Italian cooking

family will have a pig because it will feed you for a year," he said. "They would be killed and as a child you would help."

"My mother used to bring back a couple of pigs each year. We would look after them, then when it was time to kill the pigs we would kill them."

What did Jamie say?

"He said to me 'I was thinking one of these days I'm going to be super famous and make a bit of money'."

"I spoke about this in my autobiography and when the director read it he said 'we have to do this'."

"I've been amazed by the many people who have contacted me. I was worried the BBC would be upset but everyone loved it."

"One of those who got in touch to offer words of support was one-time protege, Jamie Oliver."

Gennaro works for his company now, training chefs and adapting menus.

"I speak to Jamie every day," says Gennaro before whipping out his BlackBerry. "Look at my phone. This morning at 10am for 20 minutes. He goes 'make sure we cook this. And this is good this time of year'. He loves it."

The pair first came into contact at Carluccio's Neal Street Restaurant in Soho. It was there the Essex-born entrepreneur hatched his plan for culinary domination.

"One day I was coming back from filming with Antonio and he was waiting for me - he was just a boy."

"He said to me 'I was thinking one of these days I'm going to be super famous and make a bit of money and then I'll open a restaurant, or two or three. All over England, maybe the world'."

"I said: 'why do you want to do all this?'

"He said: 'I'll do it so you can work for me because I don't want you to work so hard.'

"What a liar! I now work as hard now as I ever did."

The British chef has now established nearly 30 branches of Jamie's Italian across the UK.

It's not about money for Oliver though, says Gennaro.

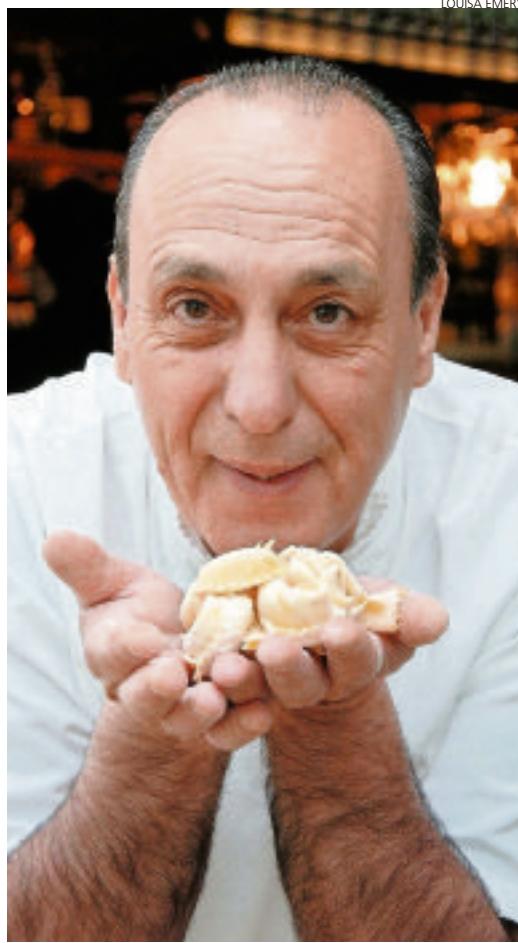
"I asked Jamie, 'why do we have so many restaurants?' He said 'We can give work and train chefs and waiters and give back'.

"Now I'm learning so much from him. He says I've changed his life but it's the other way round."

Two Greedy Italians Eat Italy is available in Canary Wharf in Jamie's Italian and Carluccio's restaurants and Waterstones.



Gennaro shows off the techniques for making good pasta



Gennaro Contaldo in Canary Wharf to promote his new book

I discovered I would not be a Jamie

Despite being a fiery Italian chef Gennaro does not get angry. Gennaro gets disappointed. Which as we know, is a lot worse.

My kitchen experience is two days spent washing up and this did not stand me in good stead for our pasta-making lesson.

It took about an hour to put together some tagliatelle and ravioli and as I was busy feeling proud of myself Gennaro decided to tell me he could make a pasta dish from scratch in four minutes.

I realised I was not to be the next Jamie Oliver, but thought I would ask about my performance compared to new kitchen workers the Italian trains.

"I would say they are 10, or perhaps 20 times as good as you," said Gennaro.

But in the hope he was wildly exaggerating for comedic effect, I followed up by asking whether he would give me a job in the future. All it took was a roll of the eyes to give me my answer.

Rob Virtue

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Council in bid to move out families

Louisa.Emery
@wharf.co.uk

1 NEWHAM council has written to 1,179 housing associations including one 170 miles from the borough in an effort to find accommodation for some of its poorest residents.

In a letter it asked the Brighter Futures Housing Association in Stoke-on-Trent whether it could house 500 families.

The council cited spiralling rents and the housing benefit cap introduced last year as the reason for a lack of suitable housing in the borough.

Mayor of Newham Sir Robin Wales said: "The Government pursues policies that push people out from the centre of London to here."

"There just isn't the capacity to deal with them and we end up chasing round the country trying to deal with people who are in need."

"It is not a policy, I have to say, that I am particularly keen on or particularly want."

The row about displaced families reached No.10 with the prime minister's spokesman defending changes to the benefit system.

999

Cigarette to blame for power cut fire

2

THE major blaze which saw severe damage to a part of an industrial estate in Canning Town was probably started by a discarded cigarette setting light to a pallet, say fire investigators.

Power cuts throughout east London, closures to nearby roads and delays to trains, were all caused by the incident which took place on April 5.

Newham Fire Brigade's borough commander Wayne Brown said: "This fire is a reminder of how dangerous cigarettes can be."

"One simple mistake with a cigarette left thousands of homes across London without any power."

999

Police seek help as bus victim named

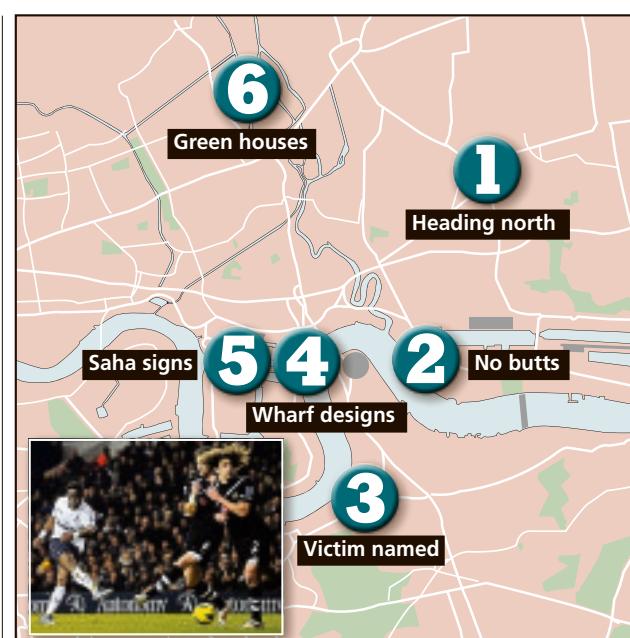
3

THE victim of last week's fatal collision with a bus in Greenwich has been named as Praise Oduberu.

The 25-year-old died at the scene in Bugsby's Way at the junction with Southern Way on Tuesday (April 17) following the rush hour incident, which happened at 5.10pm.

The bus driver was arrested on suspicion of causing death by dangerous driving and has been bailed to return to a south London police station on July 4.

Police are appealing for witnesses and anyone with any information is asked to call the Road Death Investigation Unit on 020 8285 1574.



Places

Wood Wharf designs celebrate weather

4

THE winning entry of a landscape design competition for Wood Wharf celebrates the "Great British Summer".

Visitors to Canary Wharf can view the University of Greenwich landscape architecture students' Alick Nee and Danny Mitchell concept from today (Thursday) in the lobby of One Canada Square.

Their design – which responded to the brief to create a temporary

event space for the run-up to the 2012 Olympic Games – features a wild flower meadow, wind socks and umbrellas.

Alick said: "Britain is famed the world over for its changeable weather, its washed-out Wimbledon and surprise summers. Our design celebrates this."

The pair received £3,000 from Canary Wharf Group and internships at Townshends Landscape Architects.

People

Saha takes a shot at book signing

5

SPURS striker Louis Saha, pictured will pay a visit to Canary Wharf on Monday to sign copies of his new book *Thinking Inside The Box*.

The autobiography has already been released in France where it received widespread acclaim. It gives an insight into the ups and downs of a Premier League striker.

Including the views of Sir Alex Ferguson, Zinedine Zidane and Thierry Henry, the book focuses on Saha's rise from notorious outer suburbs in Paris to reaching the World Cup final with France.

The 33-year-old will be at Jubilee Place from 1pm on April 30.

Legacy

Park homes will be 'green pioneers'

6

THE future Queen Elizabeth Olympic Park will have homes built to zero carbon standards, promote zero waste to landfill operations and set new benchmarks for sustainable living, according to the London Legacy Development Corporation.

The corporation plans to create a 225 hectare park with 102 hectares of open space and up to 8,000 homes all built to sustainable standards.

The corporation's chief executive Andrew Altman said: "This ambition will shape every development from the low energy homes to the beautiful bio-diverse habitat we plan to create."

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Business**Club prepares for next lunch event**

THE Ramada London Docklands at Excel hosted a networking lunch for more than 80 people representing businesses from the east of the capital.

Docklands Business Club organised the event and are preparing the next diary date. The Time To Talk Business lunch will be held at Strada in West India Quay on May 2. [Go to docklandsbusiness.org.uk to register.](http://docklandsbusiness.org.uk)

Charity**£15,000 boost to expand work**

EAST London charity Enabling Enterprise has been awarded a £15,000 prize after being selected for the cash boost by Santander.

The group, which provides work experience for school leavers, was one of three to benefit from a fund of £95,000.

The money will allow the Bethnal Green-based organisation to bring in a new education manager to expand the programme.

People**Head targets mountain climb**

A HEAD teacher is leading four former students up Mount Kilimanjaro in a bid to raise £40,000.

Claire Lillis, of Ian Mikardo High School, which takes on children with behavioural difficulties, will also be joined by a teacher and two trustees on the hike in June.

Claire said: "I hope this will inspire young people to realise how much they can achieve." [Go to justgiving.com/lilmhs.](http://www.justgiving.com/lilmhs)



Every vantage point is seized as onlookers cheer the runners through Canary Wharf



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News



The elite men's runners work their way through Mile 19 in Canary Wharf

Medals for all in build-up to 2012

MARATHON

Charity runners rub shoulders (briefly) with the Olympic elite

Louisa.Emery
@wharf.co.uk

Records were smashed, millions of pounds was raised for charity, celebrities proved doubters wrong and the Kenyan elite athletes did the double at this year's London Marathon.

Mary Keitany of Kenya held on to her London Marathon title for a second year crossing the finishing line first on Sunday with a time of 2:18:37.

Kenyan Wilson Kipsang recorded the second fastest time in history for the men's race crossing the line in 2:04:44,

just four seconds short of the course record.

He said: "I was feeling so good in myself."

Poplar resident Jack Dredge who appeared in *The Wharf* appealing for help to hit his fund-raising target clocked a time of 4:49 and raised well over his required £1,800 for charity Kidscape.

He said: "It was a lot tougher than I thought it would be. I hit my wall at 19 miles and already felt like giving up at 10 miles. The atmosphere was really good with people cheering me on though."

"Next time I'd train a lot harder but I am glad I've done it. I've still got money to collect so I don't know my total yet."

"We raised around £900 at The Attic bar and I'm more than happy with that."

David Weir of Great Britain won his sixth men's wheelchair title with a time of 1:32:26.

"This is really special, even better than the first one," said Weir. "I was really emotional

because this could be my final time."

Shelly Woods took her second women's wheelchair title making it double glory for the Brits.

A record number of runners completed the 26.2 mile course and 29 Guinness World Records were awarded including the fastest marathon dressed as a dairy product, fastest marathon hula hooping and the fastest marathon on stilts.

The fastest celebrity was Nell McAndrew who finished in 2:54:39 just ahead of Olympic rowers Steve Williams and James Cracknell who both finished in under three hours.

The race was marred by tragedy after a 30-year-old died during the final mile.

Hairdresser Claire Squires from Leicestershire had raised over £500 for charity but since her death the figure has risen to more than £600,000.

The ballot to enter the 2013 Virgin London Marathon opens online on April 30.



A familiar fixture on the London Marathon route returns as the Cutty Sark in Greenwich is unveiled ahead of its opening

GETTY

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Drinks Focus / Pages 55-58



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What's on

GIG

Oo-Bop-Sh'bam

Boisdale Canary Wharf



Jackson Sloan was the lead singer in Rent Party, a band who led the jump-jive revival in the '80s. Now he's back with his wonderfully named group Oo-Bop-Sh'bam, which perfectly (probably) describes the sound of the outfit.

The collective members – including Alan Savage, Paul Garner and colourful frontman Sloan – have individually worked with the likes of the Rolling Stones, Freddie Mercury and Van Morrison.

■ Apr 28, 9pm, £10-25, boisdale.co.uk.



Tocadisco will be performing

WIN club tickets

★ SuperVision: Future House Music Festival comes to Proud 2 on May 12 and The Wharf has teamed up with the organisers to offer five readers a pair of VIP tickets each to the event.

The club will be split into four separate dance areas to cater to more than 3,000 people. Tocadisco, EDX and Arno Cost will all feature.

For a chance to win simply answer this question: Where is SuperVision being held?

a. Proud 2
b. Prejudice 3

c. Pomp and Circumstance 4

To enter go to wharf.co.uk and click the competitions link. You will need this code: **TW005**. VIP tickets include a queue jump and VIP area. Buy tickets at sub-tracked.co.uk.

24 years on and climate is right to revisit this rich classic

INTERVIEW

Director revives play that captures angst, fury and dreams of dispossessed boys

Giles Broadbent
@wharf.co.uk

Some 24 years ago, at the height of Thatcherism and in an era of riots and inequalities, a young director brought a crop of young Scottish actors to London in a landmark play that captured a sense of division and disillusionment.

The 1988 cast included Alan Cumming, now a fixture in LA and appearing every Thursday in More4's *The Good Wife*, and Ewen Bremner who came to wider acclaim in *Trainspotting* before establishing himself as a TV and film regular.

In the intervening years, the director – Stephen Unwin – often thought about the play and how it helped shape a number of careers, including

his own, which has seen him launch the English Touring Theatre in 1993 and win the Sam Wanamaker Award in 2003.

Now, the political landscape is not dissimilar to those Thatcherite years, with social division, the haves, the have nots and the dispossessed youth, and he feels it is right to introduce a new generation to its startling energy and poetry of this modern classic.

"The play has become very relevant and resonant again," he said. "Back then we had an all-Scottish cast but now we have a young, multi-ethnic cast including one actor who was born about the time of the first production."

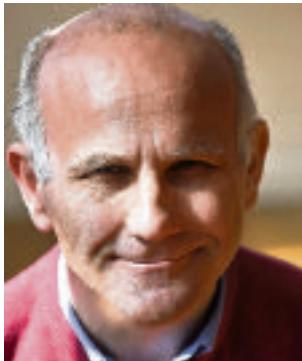
Unwin's relationship with the play and its German playwright Manfred Karge began a year before *The Conquest Of The South Pole*.

He had directed an old Cambridge University friend, and another up-and-comer, in Karge's *Man To Man*. That pal was Tilda Swinton and the play was a critical and popular hit, taking Unwin on a journey from Edinburgh's Traverse Theatre, where he was associate director, to the Royal Court.

Unwin was encouraged to investi-



The Conquest Of The South Pole cast, from left, O-T Fagbenle, Mark Field,



Director Stephen Unwin: Rich soup

tigate the writer's work further, unearthing his 1986 piece *The Conquest Of The South Pole*, which he took on a similar journey from Scotland to Sloane Square.

"Karge came from a Brechtian background," said Unwin, "and the play is very sensual and poetic. The title is slightly misleading, it's not a story about the conquering of the South Pole so I don't want people to think that is what they're going to see."

Instead, the story is this: Out of work and on the dole, four men find themselves faced with a reality of jobcentre visits, dirty laundry and too much time on their hands. They find escape through the epic journeys of

Poet reworks Stevenson's drama of the high seas

SPOKEN WORD

Andrew Motion

Canada Water Library

Former Poet Laureate Sir Andrew Motion will be bringing his latest book *Silver* – a sequel to Robert Louis Stevenson's *Treasure Island* featuring murderous pirates, love and cruelty – to the crowds at Southwark.

Sir Andrew will be reading from the tome, as well as from his latest selection of poems, *The Cinder Path*,



Sir Andrew Motion will read from several of his works at Canada Water Library next month

which was shortlisted for the Ted Hughes Award for New Work In Poetry.

He will also be delving into *Laurels And Donkeys*, a selection of poems he wrote to mark Remembrance Day, and his autobiography *In The Blood – A Memoir Of My Childhood*, as well as taking questions from the audience and doing a book signing.

He will be appearing at the Canada Water Culture Space in the new Canada Water Library in Surrey Quays Road.

Speaking about *Silver*, Sir Andrew said: "Treasure Island is a book I have loved since childhood.

"It is a cornerstone of my reading, and of my imagination.

"Excitement, mystery, intrigue, suspense, pathos and human sympathy – Stevenson combines all these things.

"I have tried to do the same in a story that honours his original genius, but at the same time sails its own course."

■ May 2, 7.30pm, £10 (£8), canadawater-southwark.co.uk.



Sam Crane and Andrew Gower



Why revive this play now?

"Good plays often become more relevant as the years go by. This feels up to date and speaks for a generation."

Director Stephen Unwin

the imagination, recreating Amundsen's 1911 attempt on the South Pole.

"There is collaboration and division and fragmentation. The leader is a bit of a bastard who gets them together and faces rebellion and has to force them on – one step for every step that Amundsen took. It is funny and touching. They fight over whether they want to retrace the footsteps of Amundsen who succeeded or Shackleton who failed. Ultimately they want hope."

Some aspects of the play have been updated from the German's 1986 original and its translation by Tinch Minter and Anthony Vivis but Unwin said this was mere tinkering.

It is the often brutal word play, he said, that made the play such a "jolt of energy, like a rock concert or a rave".



Original Scottish cast, Alan Cumming, top, and Ewen Bremner

Unwin, his enthusiasm clearly undimmed by the intervening decades, talks excitedly about his reunion with the work and extols its virtues as a piece of writing and as an "anarchic, bracing shot of energy".

"It's a rich soup, full of variation, like a fast, tough Shakespeare with poetry, dreams and brutal confrontations."

"Good plays often become more relevant as the years go by. This feels up to date."

"There's a classical feel to the work. It stands as a social documentary and speaks for a generation."

Stephen Unwin is the artistic director of the Rose Theatre in Kingston, (taking over from Sir Peter Hall) where this production moves to in June.

The Kingston space is vast, he says, while the new space at the Arcola is testing of his ingenuity, the intimacy providing challenges for the veteran director who says he is "thrilled" to be returning to a play with which he has had such a long relationship.

"I often thought about it in the intervening years," he said. "Now I think it's the right time to bring it to another young audience."

■ Until May 26, Arcola Theatre, £18 (£12 concs) and Pay What You Can Tuesdays arcolatheatre.com.



Girl band Vanquish will support Westlife at The O2 arena

I always thought it's what I wanted

Girl band member tells **Rob Virtue** what it will be like to play where she used to work

When girl band Vanquish perform in front of thousands at The O2 as Westlife's support act in May it will be a huge moment for Bee Macmillan, one of the four members of the group.

The former O2 Angel, whose role was to make sure the mobile brand's users got priority at the North Greenwich venue, said she was more used to watching the big acts than performing in front of the crowds.

She told *The Wharf* how excited she was to be opening for the Irish boy band:

How did Vanquish start?
It was a couple of years ago. There were auditions held in London. We all auditioned and after a couple of months we were selected.

The main thing is our friendship and our chemistry. I never really thought about it before but it would have been awful if we didn't get on. But we do and it's amazing.

And now Westlife. Is this your big break?
It's massive. An arena tour is the biggest thing for any artist and Westlife have been so successful over the years.

Playing at The O2, where I used to work, is fantastic. All my workmates will be there.

Is that the part of the tour you're most

looking forward to?
Yes, that and the gig in my hometown of Glasgow.

What was your job at The O2?
I was working there for the past two years as an O2 Angel promoting O2, giving out tickets, wrist bands and making people aware of offers.

We were all performers, actors, dancers or singers as it's a good job to fit around what you love. Everyone was part-time as it allowed us the time to do auditions. You also got a chance to see the performers. I've seen the likes of Madonna and Kings Of Leon and you're always thinking I'd love to do that.

When did you find out you were supporting Westlife?
We were rehearsing back in February and our manager popped in and told us. We couldn't believe it. It was hard to concentrate afterwards.

What's after Westlife?
It's just going to be great for the band to grow and for more people to hear our stuff. We just really want to continue.

■ Vanquish's debut single *The Harder You Love* is out on May 20. The band will support Westlife at The O2 arena on May 12, 23 and 24. Go to theo2.co.uk.



Singer Bee Macmillan used to work at The O2 and will now perform there

CD



Little Broken Hearts

Norah Jones

Parlophone, £8.99

★★★★★

"Miriam, that's such a pretty name and I'll keep saying it until you die," breathes Jones sweetly on her latest, out on April 30.

The album is all hurt, melancholy and woe neatly framed by producer and co-writer Danger Mouse's trip-hoppy trancescapes and choppy baselines.

Love's gone wrong and Jones is popping the happy pills, but they're only really affecting the backing track as she rips her troubles quietly to pieces.

It's not an easy listen and I'd advise a break from the misery at around track six to temper the lure of jumping off your balcony.

But these 12 songs are a step up from previous, less graphic material and they're all the more powerful for the slick production that sterilises the raw emotions.

Jon Massey

BOOK



The River Of Fire

Patrick Easter

Quercus, £16.99

★★★★★

Patrick Easter didn't go far wrong in his atmospheric debut, *The Watermen*, which brought alive the alleys, dives, waterways and dank doings of the Port of London in its swarthy prime at the tail-end of the 18th century.

So he has taken a wise choice to dust down those settings and their inhabitants for this punchy sequel.

It is likely that we will see Tom Pascoe of the *Marine Police* many more times too, for it has the feel of a series; such is the rich seam he mines with obvious relish.

Here, Pascoe finds two bodies in the crew's cabin of a sunken lugger.

As our hero tracks down the prime suspect he finds his own life in peril and draws in the macro politics of the war against Napoleon.

Giles Broadbent

What's On

DVD



The Grind

15, 85mins

★★★★★

This film might just about have passed muster as a 10 minute short about the desperation and stupidity of debt. Writer-director Rishi Opel knows where to place a camera and... Hang on, what am I saying? This is a 10 minute short. With 75 minutes of stab-your-palm-with-a-pencil padding.

Opel has to fill time. So we watch people walking and when you think we're done with the walking, Opel shoots walking in slow motion or at a funny angle just to turn walking into film school "art".

And to fill the void where a script and story should be, Opel has his "characters" exchange cockney pleasantries for hours on end in an improv hell that goes nowhere except downhill.

The worst kind of nights out are those at a sticky nightclub, where you're sober, hating the dancers and the rubbish music and buttonholed by bores.

This film isn't like that. It is that. Seriously. For vast tracts of this dull-a-thon Opel films the dance floor. That's it. Occasionally Jamie Foreman plays a villain but there's no story to tell so everyone more or less gives up on the idea - about 83 minutes after the viewer made the same decision. **Giles Broadbent**

WIN film tickets

★ Fancy a free trip to the cinema? Cineworld West India Quay has teamed up with *The Wharf* to offer a pair of tickets and an *Avengers* goodie bag to a lucky reader.

To be in with a chance of winning, just answer this question:

The character Loki first appeared in the movie:

- Thor
- Thaw
- Wind In The Willows

Email your answer to newsdesk@wharf.co.uk with Cineworld in the subject line. The closing date for entries is May 2. Include your name and full postal address and the tickets will be posted to you.



Old pals' act combines muscle to unpick Loki



Scarlett Johansson plays the Black Widow, one of the assembling Avengers

THEME

Avengers Assemble

(12A) 142mins

In these hectic days time spent with friends becomes a less frequent occurrence. So in a bid to correct such an undoubtedly wrong, you arrange a party and invite them all along.

The excitement builds for this eagerly awaited event. However, the guests arrive, and as you begin circulating you really don't have the time to spend on each friend that they deserve.

Conversation is little more than pleasantries. This, if you haven't yet realised, is a somewhat laboured metaphor for the first half of *Avengers*.

Assemble, with the difference being in the screen version there is an underlying threat to civilisation that does not exist in the party. Not this party anyway.

Nevertheless, too much is crammed into the first hour of this film with very little happening. A lack of character depth exists. The saving grace of course is - much like your friends at the party - you know the dramas in the lives of the characters - Iron Man, Thor, The Incredible Hulk, Captain America and Black Widow.

(You know less about the last one because she's never had a feature-length film made about her, but you've not-so-secretly always loved the cat-suited Scarlett Johansson.)

Iron Man (Robert Downey Jr) cracks his jokes and Hulk (Mark Ruffalo) lets

his hair down and starts smashing into gatecrashers. You soon remember why you're all friends. The explosive climax leaves you with a glow and the awkwardness of the early evening is a distant memory.

London-born villain (the best kind) Tom Hiddleston returns from *Thor* in the role of the Loki in solid evil style and Samuel L Jackson links the story together well as Nick Fury but it's promise of, and then delivery of, spectacular and dramatic action scenes which keeps the viewers gripped.

Rob Virtue

Our verdict

Takes time to get everyone together but then the fun starts

★★★★★

SCREEN



Albert Nobbs

(15) 113mins

★★★★★

Glenn Close stars in this emotional and thought-provoking tale of a woman forced to live as a man in 19th Century Ireland. After 30 years of keeping up the charade, a new love threatens to destroy everything she's worked so hard to build. Sterling performances by Close - this is a passion project for her - and Janet McTeer elevate a muted and peculiar tale not to everyone's taste.



Damsels In Distress

(12A) 107mins

★★★★★

Whit Stillman's wry comedy tells of a trio of mannered girls as they set out to revolutionise life at a grungy university. Their group seeks to help depressed students with a programme of good hygiene and musical dance numbers. But trouble starts when they become entangled with a series of inappropriate men.

Also on release... *Outside Bet* (12A), 101mins. Set against the turbulent and strife-torn mid-80's, a group of friends invest their redundancy payouts into a racehorse, hoping that one final race can turn their fortunes around.

Rattigan and Hare give masterclasses in drama

STAGE

South Downs / The Browning Version

Harold Pinter Theatre

This precise and impeccable double bill of dramas puts on trial the routine cruelties of life in a boarding school.

Terence Rattigan's *The Browning Version*, the short tear-jerker about an unpopular, starched master's undoing by a gift from a pupil, has traditionally been married to *Harlequinade*, generally perceived to be the much weaker partner.

So, Sir David Hare was commissioned by the Rattigan estate to write a more fitting companion

piece, and the result is *South Downs*, based on his time at Lancing.

Whereas the focus of *The Browning Version* is the intrigue and feuding among the teachers, *South Downs* spends time with the pupils and, in particular, John Blakemore (Alex Lawther), an awkward, mournful boy full of questions and deeply unpopular as a result.

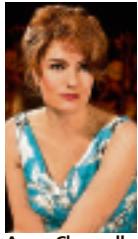
The piece is shot through with the threat of a new age. With Harold Wilson set to rule the Swinging Sixties, the masters are fearful that a way of life is about to be swept away less than 20 years after war did the same thing.

In *South Downs*, the richly nuanced Nicholas Farrell plays a fidgety clergyman and the

wonderful Anna Chancellor, the free spirited mum of Blakemore's dashing protector.

The couple come to the fore in Rattigan's piece which is unflinching in its portrayal of a dead marriage stuck together by hate.

The unpopular, but sly self-aware Mr Crocker-Harris suffocates his wife with his emotional absence but she is equally culpable with her flagrant betrayals. The toxic stand-off truce has to break.



Anna Chancellor in *South Downs*

Ultimately, *South Downs* is the more touching as it plays upon modern mores and anxieties.

The undoing of Mr Crocker Harris, while moving, cannot be entirely extracted from the unsympathetic surroundings and suffers as a result.

However, these studies of kindness and cruelty are perfectly weighted balanced, amplifying and exploring similar themes in a quite brilliant and illuminating fashion.

Giles Broadbent
Until Jul 21, atgtickets.com

Our verdict

Hare and Rattigan perfectly skewer a way of life long gone

★★★★★

Living

Rubbing away the aches and pains of the Wharf

OSTEOPATHY

Louisa Emery talks to an osteopath about how the treatment can help with a range of injuries

Osteopath Glenn Sontag has brought his business to Docklands Medical Centre with the aim of making his treatments more accessible.

The owner of Blue Eye Osteopathy and Massage relocated to Spindrift Avenue from Narrow Street earlier this year but bemoans the fact his discipline is not available on the NHS in this part of London.

He said: "There is such a large variation in social dynamics in Tower Hamlets. Osteopathy is not available on the NHS here and it is my greatest wish that there could be greater integration between osteopathy and the NHS.

"Physiotherapy is very much ingrained within the NHS and it would be nice if there was more of a merger between manual medicines as we could work together and learn from each other. Physiotherapists can refer patients to an osteopath but in Tower Hamlets there is only funding for physio."

He said osteopathy had existed for almost 100 years and there was no one kind of person who would benefit from treatment. Osteopathy is a way of detecting, treating and preventing health problems by moving, stretching and massaging a person's muscles and joints.

He said: "Osteopathy has been around since the First World War. Making it more widely available is about changing the mentality in medical schools and with some GPs.

"I would like to see medical students more informed about complementary, alternative medicine."

The most common complaints are neck and



Glenn Sontag is now operating from a medical centre in Spindrift Avenue

W

What can the treatment you deliver help with?

"The most common complaints are neck and back pain as well as pelvic, hip and shoulder discomfort. I have a special interest in neck injury as a result of a spring boarding accident. I hit the water badly and couldn't turn my neck. I saw an osteopath and he made me feel better than anyone else had."

Glenn Sontag

back pain, pelvic, hip and shoulder discomfort. I have a special interest in neck injury as a result of a spring boarding accident. I hit the water badly and couldn't turn my neck. I saw an osteopath and he made me feel better than anyone else had.

"In Canary Wharf I see lots of people presenting with postural complaints – neck and back problems."

Osteopathy works on a self referral basis but Glenn said most medical insurance policies provided cover.

Glenn's celebrity clients include Alistair McGowan, Richard Dreyfuss and members of the pop band Alphabeat. His youngest client is 16 and oldest in their 80s and each case is approached on an individual basis.

He said: "There is no model for how long it takes to treat someone – if someone comes in with an acute problem that has developed fairly recently then I can often get them better with two or three treatments."

Prices start at £54 for half an hour and Glenn offers discounts for students, unemployed, low earners and off-peak clients as well as corporate rates.

■ The first 35 readers of *The Wharf* to book a session will get 20 per cent off at Blue Eye Osteopathy at Docklands Medical Centre or 10 per cent at Westferry Studios where Glenn also operates, until May 17 with this article. Go to blue-eye.co.uk.



Nick Matthew

WIN squash tickets

★ The greatest squash tournament in the world, the British Open Championships return to London after an absence of several years and will feature the world's top players competing for the highly coveted title in the London Piazza of The O2 from May 14-20.

We've got 10 pairs of tickets to give away free and you and a friend could be there enjoying the top class action on Thursday, May 17.

For a chance to win, simply answer the following question: Which of these squash players is not from England?

- James Willstrop
- Nick Matthew
- Ramy Ashour

To enter go to wharf.co.uk and click the competitions link with this code: **TW006**.

For further information on the British Open Championships go to britishopensquash.net.



Competition

Q&A

How much is body shape dependent on genes and how much is it to do with how much you exercise/diet?

Your natural body shape is something you're born with but you can change it to a certain extent.

For women, if you're pear shaped, you can work on upper body to balance out your shape so that you're more of an hourglass, while apple shapes can work on shaping legs and flattening their tum with exercises like Pilates to give them more definition all-over.

You won't gain weight unless you eat more calories than you need whatever your shape.



FITNESS WITH LAURA WILLIAMS

Get the look: Lance Armstrong

Seven-time Tour De France winner, father-of-five and now keen triathlete, Lance Armstrong has recently adjusted his diet to boost energy levels and compliment his training regime.

How he does it: In terms of exercise, Armstrong does a lot. He runs, bikes, swims, or heads to the gym every day from anywhere between one to six hours.

And in the last few weeks, he's embarked on a new diet, to boost energy levels called the Engine Two Diet, a plant-based regime that involves eating mainly whole grains, beans and fresh veg. Armstrong claims his energy levels have never been better.

Do it for yourself: You need to

» Tip of the week

Get a massage: Whether you've got post-marathon legs or just post-Sunday-workout legs, treat yourself to a massage this week. Research has shown massages are very effective at treating soreness.

make sure that you're getting a balanced diet if you're contemplating a vegan-style diet like this. This plant-based diet has some

healthy science behind it as it cuts out artery-clogging saturated fat, but if you go too low on dairy, you need to work out where you're going to get your essential calcium from – green leafy veg is about your second best bet.

If veganism is a bit extreme for you but you fancy the idea of something a bit healthier this summer, make some small adjustments in that direction, without going too extreme.

For example, you could avoid all processed meat for a while and stick to healthier protein sources such as pulses, organic poultry and fish. Combine this with lots of colourful veg and you've got an energy-boosting winner.



Comment

Spiral Notebook

By Giles Broadbent

A route into the unknown

Old wounds will appear raw afresh this week as east London ponders on its exemplary role in the London Marathon and wonders why Olympic organisers decided to change it.

The organisation of the London Marathon is considered to be an example of the best of British while the route itself showcases the open spaces of Greenwich and modern edifices of the Wharf.

In light of this, as well as the sparkling brand of the London Marathon, it seems almost willfully perverse to dream up



a new event that spends much of its time looping around the maze of the City. Earlier this year Tower Hamlets got in a strop because it was snubbed.

London Marathon race organiser Dave Bedford, who worked unpaid with Olympic organiser Locog, carried the banner for east London but, it was reported, he was increasingly frustrated by the committee's micro-management and resigned in frustration last year.

He said at the time: "We are a professional business run by professionals and it was very difficult to work for another organisation which in the main has never organised an event of its own."

Moving the London Marathon from its traditional home is akin to demanding the football is played at Wimbledon and the tennis at Wembley.

They say

★ Interesting quotes from the film *Finding North*, which will feature in this week's Sundance Festival.

Finding North highlights the US government's favouring of agribusiness over the hungry.

"Politicians only do the right thing once they've tried everything else," said one contributor.

Campaigner and movie star Jeff Bridges said: "If another country was doing this to our kids, we'd be at war with them."

Rotten politics, rotten priorities.

Wisdom shaped by the real world

I was invited recently to the Press Gallery of the Commons, at which Labour's London Mayoral candidate was the guest speaker.

One of the topics highlighted by Ken Livingstone was the age of MPs.

"Too young," with insufficient knowledge of the outside world in which most people live and work?

It's an interesting question, but not tricky for me, having had other jobs before politics.

It is true there are some who seem to have been born wearing a rosette. A "career" in politics can be the aim of some; but it would be good if, among them, were a few more who came from an everyday experience of life as lived by Joe and Jill Public



so that when issues relating to social housing, or problems in difficult schools, or the cost of living were discussed, they would be able to infuse the debate with a personal understanding.

Many people are loath to give up an evening's relaxation after a day at work to sit through a couple of hours' worth of local ward, or constituency or borough meeting. Additionally,

people may bemoan the various shortcomings of their locally elected representative, but would not much fancy finding themselves equally targeted, should they choose to dip a toe into political waters.

One can view elected representatives with a sceptical, even cynical, eye. Becoming the elected representative means you become the one in the firing line, and voters don't necessarily want to hear that you're not to blame for all that is wrong.

You can't please all the people all of the time, whatever your age; but at least if you are a little older with a bit of experience of something other than politics, you'll bring more to the political table.

Time to say goodbye

And now, the end is near. With a tear in my eye I'm afraid I have to break the bad news that this is my final column for *The Wharf*.

While I'm under no illusions that the world is a greener place for my efforts over the past five years, I hope I may at least have provided some food for thought.

We're moving office this week and will be outside of the Wharf's catchment area, so it seems as good a time as any to say au revoir.

There have been great achievements and some disappointments over the last few years, but I remain optimistic that a brighter, greener future is still ours for the taking.

Successive international summits, notable in Copenhagen, have failed to deliver the kind of step change that we hoped for at a global scale.

Closer to home, however, the impact of the 2012 Games has been felt by businesses and individuals alike and it has to be hoped that this summer's games will be a springboard rather than a full stop to our sustainable progress.

The economic situation has had a huge effect on consumer trends, and families who were previously happy to spend a little extra for a more ethical option may now have tougher decisions to make.

The underlying trend is still towards a more sustainable future



View of a sunset over London from Canary Wharf

GREEN LIVING

By Andrew Williams

though. You only have to look at the spread of the Barclays cycle hire scheme, the popularity of the Overground line or the number of hybrid cars on our streets to see some of the messages on transport have been getting through.

The Canary Wharf area is a hub for some of the brightest and most

inventive businesses on the planet. In the small footprint of the old docks, we have the people, the brains and the enthusiasm to do whatever we want.

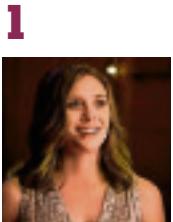
Many businesses choose to focus on making money, and who can blame them? However without a viable environment in which to live, that cash is going to be worthless.

It falls to all of us to build the kind of future we want for our children and grandchildren, not just because "it's the right thing to do," but because it shows the kind of people we truly are.

Good luck!

Listmania Sundance highlights

Sundance London is here for the next four days and we've picked out a few likely watercooler movies



Liberal Arts



Chasing Ice



2 Days In New York



Finding North



Nobody Walks



Join in the debate online via our Twitter and Facebook sites

or add your comment at wharf.co.uk updated every working day with breaking news and views

WORKING MUM

By Tabitha Ronson

Should I focus on money or love of career?

For the past few weeks I have been trifling with the affections of another company.

I was approached by them to join their operation, I have been in talks, hammering out the details of a contract of employment.

I keep stalling, adding yet another demand to my terms and conditions.

I think they believe I'm playing hard to get. In truth my heart just isn't in it.

I'm making it increasingly difficult for them to hire me but the more Lord Sugar I play, the more they seem to want me.

Perhaps this is what I've been doing wrong all along – playing nice when I should have been playing mean. I could be sizeably rich by now with such a do-or-die policy.

It's a fantastic opportunity; more money, more holidays and the chance to work from home

"I'm still in the pre-mum mindset

a couple of days a week (who in their right mind would choose to do that daily commute if they didn't have to?)

However, the work just doesn't excite me as much as my current role. I dread the prospect of spending days bored to the point where I'm climbing the walls McMurphy style, waiting for that 5 o'clock end of work steam whistle.

In the past I've had the luxury of always doing a job for the love of it, now, with Master A in the picture, that option has been removed and suddenly it's the lure of filthy lucre that's moving up the priority chart.

My finances need a dramatic boost and I really could benefit from having more time to play with – the extra two-and-a-half hours a day I spend commuting could be much better spent.

I'm still in that pre-Mummydom mindset, though, a place I've sojourned for some 20 years, which is why I'm struggling to make the decision to move to this new company.

If I accept the job it will be the final farewell to the person I once was and, as much as it ticks so many boxes – many of which are a necessity – I'm not sure I'm completely ready to say goodbye to the old me.

Working mum knowing I will make the right decision – I just don't know what it is right now.

Drinks focus

Restaurant is not all about stunning steak

Why Goodman is the natural choice for Californian wine enthusiasts

Jon Massey
@wharf.co.uk

Dave Strauss represents front of house across the company that owns Goodman's steak houses. A straight talking individual, he's unapologetically irritated by the presence of the Christina O moored outside his restaurant, strident in his views on food and service, and no less vocal about why the restaurants he looks after have found a market for wines seemingly overlooked by other venues.

He said: "When we opened in 2008 people had found out our owners were Russian and they were inundated with consultants. This was before I'd joined.

"When the wine list came back from the firm looking after it they were supplying 70 per cent of the listings.

"My background was in New York, working in steak houses there and we didn't sell French wine, especially after 9/11 when it became unpatriotic to order it.

"I remember unpacking the orders and there being only one wine I recognised.

"We opened up and the



wine was just totally wrong for the type of food and the type of service we were trying to do. We couldn't hire staff from top restaurants - we were getting people from the high street chains.

"We had no wine knowledge at all, it was appalling how little we knew about it. I felt it would be far easier to train them on varieties rather than the French regions and Californian wine is much more about the grape than the specific area.

"Then we started to get a lot of American customers - it was the kind of restaurant they'd always wanted. We got a cold call from Wine Treasury and they came in, it was all the staff I'd worked with before.

"I suggested to my boss that we cut our margins down and start to stock more American wine as it's perfect with our food.

"It's now got to the point that some of the managers have become obsessed with it and they started bringing in small quantities of really exclusive stuff. We're getting stuff over here, maybe six bottles at a time, that you can't even get in America."

While Goodman doesn't serve American wines by the glass or any whites from across the pond it does offer an extensive selection of reds and a list dubbed Californian Legends.

The latter ranges from a 2006 Col Solare Cabernet Sauvignon at £98 to the 2004 Screaming Eagle at £1,999.

Strauss said: "We've sold



Above, the bar at Goodman on South Quay. Left, a bottle of £1,999 Screaming Eagle

Read on »

Bar ideas and a feast down south

Drinks / Page 56



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a couple of bottles of the Screaming Eagle - my boss doesn't like us having that on - he thinks it sends the wrong message but the managers like it.

"If they sell something expensive I'll get a text no matter how late it is - you can't buy that kind of enthusiasm. We only have one bottle of Screaming Eagle at Canary Wharf.

"If our managers want to try a wine we'll put it on - if it doesn't sell it will come off, if it does, it will stay on. Although we're a corporation we don't have a beverage department it's just the guys who work in the restaurants.

"I like the California reds. The legends are truly beautiful wines they really are a lovely way to spend an evening. We're privileged to get to taste and to work with wines like this.

"We could go and get supermarket wines and put them on for £20 but we don't want to do that. We don't do it with the meat. Why would we do it with the wine?"

Goodman is preparing for the summer by extending its outside area. Wharfers are welcome for drinks as well as to dine.

Strauss said: "We should have 60 seats outside all the way along and if we can get it right and the weather's nice I know the customers we get in the City will come down to the Wharf.

"That will be the first time anyone's dragged anyone from the West End." Go to goodmanrestaurants.com.



Drinks focus



IDEAL FOR: Sports
The Cat and Canary is a perfect place to watch the game with a pint of foaming ale.
25-27 Fisherman's Walk, Canary Wharf, London, E14 4DH, 020 7512 9187, fullers.co.uk.



PERFECT FOR: Sunny days
Via offers cool beers and tasty bites looking up to the Wharf from West India Quay.
2 The Port East Building, Hertsmere Road, London, E14 4AY, 020 7515 8549, viabars.co.uk.



BITE THIS: Beers and bangers
Go to The Henry Addington for a convivial atmosphere and the sausage and mash.
22-28 Mackenzie Walk, London, E14 4PH, 020 7719 1114, nicholsonspubs.co.uk.

Head down to Greenwich

A MEAT-lovers delight is coming to the Old Brewery restaurant at Greenwich next month.

The venue in the beautiful grounds of the Old Royal Naval College will host a five-course meal on May 14 consisting of products sourced from a local butcher including potted wild rabbit with mace and black pepper, rump of spring lamb, braised Cumbrian rose veal shoulder and shortcrust venison pie.

The meal costs £50 per head and includes beers from microbrewer Greenwich Meantime, which also owns the Old Brewery, specially paired to each course.

The drinks range from new wave lagers to radical new stouts and fruitied wheat beers.

Meat will be supplied by Drings followed by cheese for dessert.

The event starts at 6.30pm with an introduction to the beers before



dinner is served. Call 020 3327 1280 or email info@oldbrewerygreenwich.com.

Meanwhile, bookings are now being taken for guided tours of the Meantime Brewery. Costing £15 in advance and £18 on the

The Old Brewery offers beers from Meantime

day, visitors can get a two and a half hour walk around and sample three half-pints.

It follows the visitor centre opening at the newly refurbished site in Blackwall Lane, Greenwich, on May 1.



NEED TO: Chill out
Head Quayside to Henry's Cafe Bar for the freshest flavour on the historic dockside.
Unit C, West India Quay, London, E14 4AX, 020 7515 8361, henryscafebar.co.uk.



FEEL MORE: European
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Port East Building, West India Quay, London, E14 4AF, 020 3069 8981, leponbar.com.



GET HIGH: Above the Island
The Attic on 48th Floor of Pan Peninsula is offering two for one cocktails 5-8pm in April.
48th Floor, Pan Peninsula, Isle of Dogs, London E14 9HN, 020 8305 3080, theatticbar.co.uk.

Facelift for wine retailer

DAVY'S Wineshop, located next to Greenwich station, has reopened following a refurbishment.

The shop is now temperature controlled and there is a new access point on to the High Road. There is also new flooring, lighting, shelving and a tasting area. The venue also has a bar and restaurant next door.

Read on »

A chance to win a case of beer and a cookbook

Drinks Focus / Page 58



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Puzzles / Page 61

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Please enjoy your experience responsibly

Drinks

WIN beer & cookbook

Picture the scene – you've had a couple of quiet drinks after work on the Wharf. You've travelled home and now you're peckish.

Fortunately, because you entered that competition you've been able to prepare a series of delicious pies that now sit in your fridge just waiting for your return. And to go with them a case of Original Oak Aged beer brewed by award-winning beer pioneers Innis & Gunn.

We've teamed up with Edinburgh-based I&G and Pieminister to give away five cases of beer (worth £40 each) and cookbooks to go with them.

A *Pie For All Seasons* (RRP £17.99) is packed with recipes for the hungry Wharfie to try including butter "nut nut" pie, porky buns and fiery jerk chicken.

And the perfect companion is a bottle of I&G with delicious flavours of toffee, vanilla and oak backed up with luscious malt and fruity hop notes. This complex, subtle, wholesome beer is a fantastic counterpoint to pies of all flavours, both savoury and sweet.

For a chance to win just answer this simple question: Where is I&G based?



- a. Edinburgh
- b. Glasgow
- c. Cowes

To enter go to wharf.co.uk and click the competitions link. You'll need this code: **TW007**.

If you're not lucky enough to win, you can pick up I&G Original (£1.79) and pieminister pies in Waitrose and Sainsbury's as well as independent stockists nationwide.

Check out the "pietanic", pieminister's latest creation made with MSC certified fish which recently won two gold stars at the Great Taste Awards.

For more information about their products go to innisandgunn.com and pieminister.co.uk or follow them on twitter @InnisandGunnUK and @pieminister.



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State Supreme
Courthouse is lit for
a *Vanity Fair* party.

REUTERS
Lucas Jackson
UNITED STATES

2
The US synchronised
swimming team
performs during a
qualification event
at the Olympic
Park in Stratford.

REUTERS
Toby Melville
BRITAIN

3
A swimmer lies
on floating ice in
the Yenisei River.

REUTERS
Ilya Naymushin
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4
The blast furnace at
Redcar's Sahavirya
Steel Industries.

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Stars

With Claire Petulengro

AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070
Your family are never easy to deal with and that is because you make them appear difficult, Aquarius. If you didn't keep telling lies everything would fine.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071
Certain people in your life are becoming a source of great annoyance and you may find it hard to put the required distance between yourselves before Thursday.

ARIES

MAR 21-APR 19

For more call 0905 817 2060
It appears to be up to you to seek your own entertainment and this is a good time to start some new form of relaxation. Prepare to be well pampered.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061
New faces play an important role in your week. You appear to be under some nervous strain and tend to let trivial irritations get on top of you.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062
A lot of friction is apparent with someone in your surroundings and it would be best if you avoid them completely for a while. Just keep a low profile.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063
Your impatience to get things done could cause you to make a mistake or forget something important, so think things through before you act.

LEO

JULY 23-AUG 23

For more call 0905 817 2064
Things may not go according to plan and you may have to change your way of thinking and adopt new methods. Keep an open mind right now.

PISCES

AUG 23-SEPT 23

For more call 0905 817 2065
Your social life appears to brighten up considerably and you will be coming into contact with some really interesting people. Time to take advantage.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066
Venus, your ruling planet, has big plans for you. You're in for quite a revelation as you start to be more honest with yourself about love.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067
Some sort of a change is indicated in the life of someone close to you which has a knock-on effect on your own day to day routine. Be wary.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068
Make a special effort to participate in the activities around you even though you may not feel like it as you could be missing out on a lot by being lethargic.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069
Lots of travel is written in your stars but don't worry Capricorn, as you're sure to benefit every time from any trips you make on a purely professional basis.

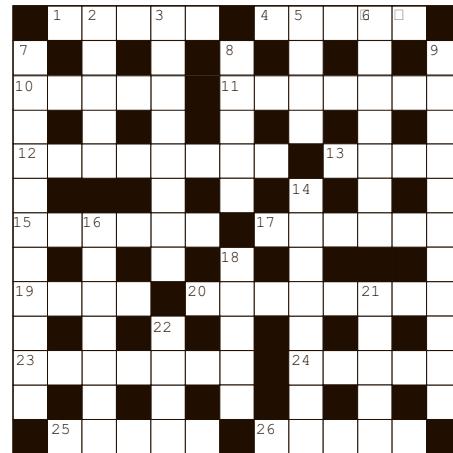
Face in the crowd



Are you this week's Face In The Crowd? Each week we send our snapper out onto the estate to capture a face who wins a main course and a cocktail at the Marriott West India Quay's Manhattan Bar. If you are this week's Face, phone 020 7510 6055 for instructions on how to claim your prize



Crossword



ACROSS

1. Snow colour (5)
4. Capture (5)
10. Concur (5)
11. Hair-cleaning preparation (7)
12. Strategy (4,4)
13. Not any (4)
15. Put money in (6)
17. Difficult question (6)
19. Team of villains (4)
20. Very long race (8)
23. Irritated (7)
24. Confess (5)
25. Fox's tail (5)
26. Blood vessels (5)

DOWN

2. Seraglio (5)
3. Intrude on private land (8)
5. First man (4)
6. Abundant (7)
7. Nitrous oxide (8,3)
8. Prose composition (5)
9. Fruit type (11)
14. Disunited or apart (8)
16. Wine merchant (7)
18. Touches down (5)
21. Of mankind (5)
22. Yes votes (4)

Sudoku

EASY

		6				3	1	
8	3					5		
		5		8	6			
		5		6	9		7	
		4		2				
1	8	7			4			
	1	6		4				
4						3	9	
8	7				2			

HARD

5	1	4		6	2		9
		6			4		
2	9					3	1
		5		8			
6						4	
		9		4			
3	1					6	4
		8			7		

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website

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Sport

THE FANS' ROAR

By Ian Toal

Run of form gives us cause to be hopeful

Millwall Supporters Club
millwallsupportersclub.co.uk

The Lions amazing run kept on going up at Portman Road as we won 3-0 to make it five league wins in succession.

This form has lifted us above rivals Crystal Palace on goal difference with one game to go.

The victory at Portman Road also ruined Ipswich's end of season lap of honour. By the time we were filing out of the ground, there was barely 300 home supporters left and all they got from their players was just half the squad coming out to the centre-circle for a little clap before scurrying back to the safety of the dressing room. How I love it when we spoil a party.

We now have a lot of optimism for next season. Kenny Jackett has found a way of playing that suits our team and gets results.

The team look at their best when we draw the opposition onto us and we can then use the extra space to break and counter-attack.

With good attacking players like

Andy Keogh, Harry Kane and James Henry on top of their games we are taking the chances that we do create on the break.

Another important reason behind the improvement has been the loan signing of goalkeeper Maik Taylor. He has been giving the defence real confidence.

For the second game in succession he saved a penalty. But what really impressed me was how often he caught the ball from corners and crosses.

I hope we can secure Taylor for next season. It will then be up to David Forde to up his game to get back in the team.

Millwall supporters voted midfielder Jimmy Abdou Player of the Season. Jimmy polled 61 per cent of the 6,000 votes with skipper Paul Robinson getting second place with 20 per cent and top-scorer Darius Henderson in third with 10 per cent.

Jimmy is loved by Millwall supporters for his bustling and effective game and he is now an important part of the team. Kenny Jackett has described him as his best signing and the Player of the Season Award shows the midfielder how much he is appreciated by us.

He will receive the award pitchside around 12.10 this Saturday before the 12.30pm kick off against Blackpool.



Players take the cheers of the crowd as their title bid is successful

Addicks finally get their hands on title

CHARLTON

Rob.Virtue
@wharf.co.uk

CHARLTON captain Johnnie Jackson says lifting the League One trophy next week will be the highlight of his career so far.

The Addicks beat Wycombe 2-1 on Saturday to seal the title and next week's finale against Hartlepool will see the championship party begin at The Valley.

Jackson said: "I won a title in League Two with Notts County when we went up as champions but this tops that. "Captain of a massive club and back in London, a higher league and going up to Championship football. It's the biggest achievement of my career."

The skipper said wins against promotion rivals Sheffield Wednesday and Sheffield United back in January were when he finally believed the title was coming to Charlton.

However, he said it was still a relief to get confirmation.

"You always have a lingering doubt," said Jackson. "You talk to people out of football and they always say 'you're fine, you're home' but you have doubts yourself."

"But the week we beat the two Sheffield clubs, you look back on that as significant because two results against the teams around you gives you real belief you could go on and do it."

Jackson said, on the flip side, defeats



Manager Chris Powell on a high

at The Valley to Colchester and Notts County created nerves but he praised the side's defensive qualities, which he said were key in the last few weeks, and three 1-0 wins in April.

"After we lost the two games at home we knuckled down again," said the 30-year-old.

"If you look at our results since then, we've conceded three goals, two of them penalties. We got back to basics defending and ground out results."

"It wasn't necessarily fantastic football but there's more than one way to win a game."

"We had a patch where we beat teams by three or four each week but it was never going to last. We'd have taken 46 1-0s if need be."



Dale Stephens, centre, celebrates scoring the winning goal

I'm ready – this is the fittest and strongest I've been

ROWING

Medal hopeful Tom Aggar returns to the Royal Docks with an upbeat assessment

Giles.Broadbent
@wharf.co.uk

Paralympic rower Tom Aggar says he's feeling fitter and stronger than ever before and is "training to win gold".

The reigning Paralympic and World Champion in the single sculls said: "I'm not expecting it to be easy. People will think they can beat me and I've just got to make sure that they don't."

The engaging 27-year-old is one of the Paralympics' brightest hopes for a gold medal and he's working hard to ensure he doesn't let down the legion of friends and family who will be in Eton Dorney in late August to cheer him on.

He said: "It's been the best year I've had in terms of consistent training. The number of days I've missed through illness and injury have been minimal so the preparations are going really well. I'm the fittest and strongest I've been."

He was talking to *The Wharf* at the London Regatta Centre in Royal Docks, a familiar place and familiar water for the man who played first team rugby for University of Warwick before an unrelated accident changed his life.

He took up rowing in 2006 to boost his strength and represented Royal Docks Rowing Club in his early career.

He said: "I guess this is still my affiliated club. This was the first place where I went on the water and I trained here for about 18 months before I went for the trials for the Paralympic team."

He was back last week as a brand ambassador for Games sponsor EDF which is running the EDF Community Rowing Challenge. Five east London schools were pitching for a place in the final.

It was a rare break away from the training regime.

Tom said: "I guess there's been a real big push since January. The coaches like to make sure we're getting the most of us and you go home each evening with nothing left."

"We're training six days a week, two or three sessions every day. Most of our training is aerobic training so when the weather's rough we're on the machines. Whenever it's not rough we're on the water in the boats either doing long slow stuff or time pieces."

"I'm feeling confident, I'm definitely better placed to win it this year than any other year."

"I guess the mentality is you don't want to get there and have any regrets,



Tom Aggar talks to pupils at the EDF event at Royal Docks

you want to get there and know that you've done everything you can and do the best you can."

"If I go to the games and produce a personal best performance or a performance that I know is at my limit then hopefully that will be good enough to win a gold."

As for the whole Olympic bandwagon itself he said: "I think it'll be great to have support from the British public and friends and family. That will be completely different to Beijing where it was just my Mum and Dad."

"Right now you get the sense that something big is looming. You have competitions to concentrate on in the months in between but now the Games are here you have to make every day count."



Tom Aggar takes gold in Beijing when adaptive rowing made its Paralympic debut

Still in with a (slim) chance

WEST HAM

Rob.Virtue
@wharf.co.uk

THE pressure's all on Southampton is the message from West Ham boss Sam Allardyce as the Championship goes into a climatic final weekend.

The Hammers were delighted to still be in the running thanks to a Saints defeat to Middlesbrough on Saturday and the east Londoners' 2-1 win over Leicester on Monday night.

The combination of results means they are just two points behind the south coast side going into the last game of the season, although their goal difference is poorer.

Southampton take on already relegated Coventry while West Ham take on Hull.

Speaking after the Leicester win, Allardyce said: "The pressure on them will be enormous to finish off the fantastic season they have had and hopefully that will put them off their game."

"Odds are Southampton will win the match – that is what everyone expects – but football is a strange game and any team on a day can cause an upset, as we have seen all season."



Jack Collison and James Tomkins celebrate

The matchwinner on Monday was Jack Collison who fired in a 25-yard second-half goal to give West Ham the points.

He said the players were pumped up for the Hull clash, which could see them avoid the lottery of the play-offs.

"Saturday is going to be a Cup Final for us, we'll be right up for it and all we can do is our job," he said.

"Hopefully we can get an early goal against Hull and I'm sure the pressure at Southampton will be on when they find out about it."

RUGBY

Blackheath set to secure third

BLACKHEATH'S end of season flourish continued with a 38-27 victory over Birmingham & Solihull, their tenth successive bonus point victory.

The Midlands club were already relegated but contributed to a scrappy game, taking charge early before succumbing to Blackheath pressure.

The south London side always remained positive, spurning kickable penalties in favour of field position,

On Saturday Blackheath will look to secure third-place as they host Rosslyn Park in their final SSE National League One match of the season.

It also marks the club's Ladies' Day in aid of Breast Cancer Care. Go to blackheathladiesday.com.

BOXING

Top teams to meet in ring

THE Excel Centre is hosting a World Series of Boxing final between two leading European teams next Wednesday.

Top Olympic boxers will compete in five weight categories when Dynamo Moscow take on Dolce & Gabbana Milano Thunder at the Docklands venue.

The action begins at 7.30pm. A limited number of complimentary tickets are available.

Go to worldseriesboxing.com/tickets.

WEEKEND FLUTTER

WITH THE RACING POST

RACING

It is the day where the flat and the jumps combine for a great day's racing at Sandown Park and Twice Over can land the Group 3 Gordon Richards Stakes. Expected to strip a lot fitter for his comeback run when narrowly defeated at Newmarket just over a week ago, Sir Henry Cecil's charge should go one better and looks to be the one they all have to beat.

The main race of the day is the Bet365 Gold Cup, and if he lines up it may be worth having an each-way flutter on the Evan Williams-trained Deep Purple. He pulled-up just over half-way in the Grand National, but ignore that, as he has a great record at the Esher venue and could be in the frame at around 16/1.

Ed Quigley



FOOTBALL

Newcastle visit lowly Wigan, pictured, on Saturday having won their last six matches, conceding just one goal in that run and they look good value at 6-4 to leave the DW Stadium with three points. The Latics have beaten Arsenal and Man United this month but they could find in-form Toon striker Papiss Cisse, with nine goals in six games, too hot to handle.

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

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